



ARMY MEDICINE | DPA SENDS

MAY 5, 2021

WHAT YOU NEED TO KNOW

1. The Army Surgeon General, LTG R. Scott Dingle, "TSG SENDS: COVID-19 and Army Medicine" messages from this week are included for your awareness. Please read!
 - **TSG SENDS- COVID-19 and Army Medicine 69 (Apr 30, 2021)**
2. COVID-19 Information:
 - Army Medicine COVID-19 Hotline: **1-800-984-8523 or DSN 312-421-3700**
 - Army: www.army.mil/coronavirus
 - APHC: <https://phc.amedd.army.mil/topics/campaigns/covid19>
 - CDC Web Page: www.cdc.gov/coronavirus/2019-ncov/index.html
 - DoD Web Page: www.defense.gov/Explore/Spotlight/Coronavirus
 - Health.mil Web Page: <https://health.mil/News/In-the-Spotlight/Coronavirus>
 - TRICARE Web Page: <https://tricare.mil/coronavirus>

Army Medicine STRATEGIC VISION

MAY OBSERVANCES

[Mental Health Month](#)

[Physical Fitness & Sports Month](#)

[Military Spouse Appreciation Month](#)

[Better Hearing & Speech Month](#)

[Nurses Week](#) - May 6 - 12

[Mother's Day](#) - May 9

[Women's Health Week](#) - May 9 - 15

[Armed Forces Day](#) - May 15

[Memorial Day](#) - May 31

[World No Tobacco Day](#) - May 31

[Save Your Hearing Day](#) - May 31

The Surgeon General and Commanding General, United States Army Medical Command (USA MEDCOM), requests the pleasure of your spouse's participation in the USA MEDCOM Resilient Leader Webinar. This month, Chaplain (Lieutenant Colonel) Britton Price is presenting "Working with Grief and Loss", occurring for the Senior Leaders and the USA MEDCOM Spouses on Friday, 14 May 2021 at 1330 EDT (please plan to connect to the meeting link 10-mins prior to the starting time). This live stream supports The Surgeon General's Line of Effort 2, "Readiness". Please save the date and join together for a time of community building.

Abstract: Life is a journey and as such, it will be filled with many highs and lows. No matter our position, background, or socio-economic status, no one has a problem-free existence. Oftentimes, those problems leave us with a sense of grief and loss. Because life is a journey, learning how to deal effectively with those griefs and losses can enable us to find a sense of peace on the journey.

To view the invitation for this virtual event, please click the link. <https://einvitations.afit.edu/inv/index.cfm?i=597944&k=076845007F53>

Meeting Link (PPT slide available): <https://join.freeconferencecall.com/taegonlee>

Conference Call: Dial-in number: (425) 436-6369 / Access code: 4655724

Contact Information

If you have any issues viewing this invitation, please contact Mr. Taegon Jay Lee at (708) 833-2115 or taegon.lee.ctr@mail.mil
MEDCOM Spouse / Family Programs point of contact is Ms. Patty Centeno at (210) 466-5968 or patricia.a.centeno.civ@mail.mil
MEDCOM Resilient Leader Series point of contact is COL (CH) Ron Cooper at (210) 466-5991 or ronald.e.cooper10.mil@mail.mil

ARMY MEDICINE WEEK IN REVIEW

ARTICLES

1. Kenner Soldiers capture third place in regional Best Leaders Competition (May 3) www.dvidshub.net/news/395478/kenner-soldiers-capture-third-place-regional-best-leaders-competition
2. U.S. Army Medical Test and Evaluation Activity tests Ophthalmic Slit Lamp (April 30) www.army.mil/article/245798/u_s_army_medical_test_and_evaluation_activity_tests_ophthalmic_slit_lamp
3. MEDCoE Interservice Physician Assistant Program gets facility upgrade (April 30) www.army.mil/article/245414/medcoe_interservice_physician_assistant_program_gets_facility_upgrade
4. LPMC introduces first-of-its-kind procedure in Germany (April 30) www.army.mil/article/245783/lpmc_introduces_first_of_its_kind_procedure_in_germany
5. Military Children: Strength, Bravery and Resilience on the Homefronts (April 30) www.dvidshub.net/news/395475/military-children-strength-bravery-and-resilience-homefront
6. National Nurses' Week: a reflection on the pandemic (April 28) www.dvidshub.net/news/395488/national-nurses-week-reflection-pandemic
7. JRTC and Fort Polk Soldiers line up for COVID-19 Vaccine (April 28) www.dvidshub.net/news/395345/jrtc-and-fort-polk-soldiers-line-up-covid-19-vaccine
8. Family Medicine Residency Experience: ICTLs Skills (April 28) www.dvidshub.net/news/395117/family-medicine-residency-experience-ictls-skills
9. U.S. Army Health Clinic Vicenza celebrates Nurses Week (April 28) www.dvidshub.net/news/394982/us-army-health-clinic-vicenza-celebrates-nurses-week
10. WBAMC employee speaks up for coworker and stops sexual harassment (April 27) www.dvidshub.net/news/394929/wbamc-employee-speaks-up-coworker-and-stops-sexual-harassment

VIDEOS

1. Regional Health Command-Atlantic 2021 Best Leader Competition Awards Ceremony (April 30) www.dvidshub.net/video/792930/regional-health-command-atlantic-2021-best-leader-competition-awards-ceremony
2. Nurses Week - LTC Park (April 28) www.dvidshub.net/video/792570/nurses-week-ltc-park

Army Medicine Family,

CSM Hough and I enjoyed talking with you during our Town Hall earlier this week. Thank you for your questions and participation. We look forward to engaging with you in person and in your foxholes as the conditions and vaccine rollout makes it safer for us to do so. The health of our Force, our Families and our Nation are always of our utmost concern.

As conditions have been primarily unstable with regard to COVID-19 numbers throughout the Nation, there are positive metrics to share this week. Positive cases decreased more than 20% in the past week. Related hospital admissions and deaths are also down. We hope these decreases continue as the Nation carries on its campaign to get as many people vaccinated as possible.

After a brief pause, the military has re-instated the use of the Janssen (Johnson & Johnson) COVID-19 vaccine. Check out the FDA and CDC website updates for more information on the Janssen vaccine.

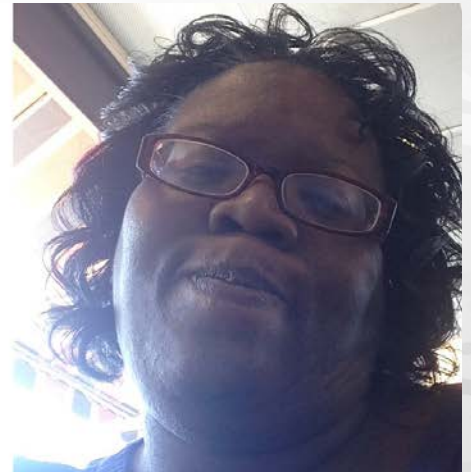
Our Nation's National Guard continue their support of the whole-of-government effort against COVID-19. In all 50 states, three territories, and the District of Columbia, they are administering COVID-19 vaccines. Supporting our civilian population, they have put more than 8 million shots in arms! Outstanding teamwork!

Many people are asking when we will see a decrease in restrictions as we move toward a vaccinated Nation. This week, the CDC announced that fully vaccinated people can go without masks outdoors when walking, jogging or biking, or dining with friends at outdoor restaurants. I hope that is great news for most of you.

This week I get to congratulate a couple of our own. The 2020 MG Keith L. Ware Communication Awards Competition results have been announced. Regional Health Command-Europe's Russell Toof placed third for the Clark Taylor Civilian Videographer of the Year, and Marcy Sanchez of Landstuhl Regional Medical Center is the 2nd place winner for the Moss-Holland Civilian Writer of the Year. Congratulations! And thank you for all you do to tell the Army Medicine story.

On that note, this week in our One-staff Employee Spotlight, we get to know a little bit about Stephanie Freeman of the Directorate of Public Affairs (DPA).

Employee Spotlight



Stephanie Freeman works as the Administrative Officer on DPA's DHHQ team. While she has been with MEDCOM since 2012, she has been with Army Medicine for 22 years. Stephanie worked at the Walter Reed Army Institute of Research (WRAIR) prior to joining the team at OTSG. She was on a BRAC "stopper list" at WRAIR and came to DPA because of her previous role as a Quality Assurance Specialist on the audiovisual team at WRAIR.

Although she never served in the U.S. Armed Forces, she has been a civil servant since high school. "I've been in federal service forever," said Stephanie. By forever, she means more than 34 years which she started with the Navy.

It is hard to overstate the value that administrative personnel such as Stephanie add to their units. Maura D. Fitch, her supervisor, stated that "Stephanie is the glue that keeps the team together, from the assistance she provides with travel

documents, to time and attendance reporting, and especially with administrative guidance during appraisal time.”

“I haven’t seriously thought about going to school to do something else,” said Stephanie. “But, if I did go back, I’d go to be an electrical engineer.”

“That will surprise some people, but I love putting things together. I love figuring out how to make things run. And I’ve always wanted to be an electrical engineer,” said Stephanie.

Stephanie has spent most of her life in the Washington, D.C., area by way of Brooklyn. However, she hasn’t been back to New York since around 9/11. She said she looks forward to the end of the pandemic to get out more.

“I’ve told my daughters that we should take one short trip a month after the pandemic is over,” said Stephanie. “I don’t have a passport. I have never had one. I need to fix that,” she said.

Stephanie and members of her family contracted COVID-19 at the beginning of the pandemic. She remembers it as a rough period.

“It was more than us just being sick,” she said. “It was all of the other parts of life that were affected. We had to find child care, parental care, and even my husband got sick with something else during the time,” she said.

Stephanie has been with her spouse for 35 years. Between the two of them they have six daughters and 11 grandchildren. Freeman said that she gets to spend the most time with 7 of her grandchildren, and they keep her pretty busy.

Thanks for sharing with us this week Stephanie. It’s not too late to become an electrical engineer. Keep us posted on that!

Team, thank you for all you do.

Stay safe team! Stay in the fight!

TSG 45

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R. SCOTT DINGLE
Lieutenant General, U.S. Army
The Surgeon General and
Commanding General, USAMEDCOM

Useful links:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

<https://www.armyemergencyrelief.org/covid19>

www.militaryonesource.mil/coronavirus

www.coronavirus.gov

www.cdc.gov/coronavirus

www.usa.gov/coronavirus

Chaplain Resilience Video:

www.facebook.com/ArmyChaplainCorps/videos/2679539028980334

Project Inclusion: We Will Do Better SharePoint:

<https://mitc.amedd.army.mil/sites/Communities/PI-WWDB/SitePages/Home.aspx>